

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

How Clothes May Affect the Figure



Corpulent Lines all Hidden



Tight Corset Exaggerated



The Style that Gives Added Breadth

Almost Willow

"APPEARANCE" of slimmness may be acquired in other ways than by incessant exercise. It needs only a little knowledge to dress so that a girl of decided plumpness may vie in length of line with her sylph-like sister. If you wear furs, you have at your disposal a nice and very advantageous arrangement, for you may choose the kind of fur that will be wide enough to hide the defects of your figure.

The girl wearing the set of pointed fox, you can see, has chosen a wide stole and a muff with depending tails, which add much to the straightness of line. Her dress, too, is pleated, so the straight falling material will apparently add several inches to her height, while her hat is broad and, by contrast, does its part toward giving the effect of a thin woman. Were the skirt of the gown cut in narrow gores, she would appear even slimmer.

The same figure is shown wearing narrow furs and a short-coat suit with a circular skirt. You may see at a glance how the narrow lines of fur accentuate the breadth of the hips and shoulders, while the hat is of the same to make her face look broad. I need not go into the details of the costumes. A single glance will show you the force of my argument.

But it is not only on the street that the stout girl may be thin. If she chooses her dresses carefully, no one need ever know that she weighs any more than she should. If she wishes house dresses that make her appear at her very best, then she should choose those of no very decided color. But even then much of the beauty of the final appearance depends upon cut and trimming. The girl in the empire gown of light satin is undeniably fat—any one who saw her would immediately so describe her—yet let us see which details of the gown accentuate her defects. In the first place, the skirt is most decidedly ugly in front. The high waist line, while it takes many inches from the hips, sometimes merely serves to accentuate the thickness of the figure. The sleeves, too, are distinctly wrong. They give breadth and detract much from the grace of the wearer, while the sash in the back does

nothing but increase the size of the waist, both natural and assumed.

How very much better she looks in black! Of course, it is a very plain gown, but the total absence of any trimming serves to give the figure the curves of beauty, while it adds nothing to the weight. The long, plain sleeves and the straight, unbroken line of black over the bust make the whole figure of the wearer appear slim and straight, while the long train detracts from the thickness of the hips.

As to evening gowns, how remarkably stout the figure we are watching looks in the pink satin with the overskirt abruptly cut across the front! The waist line, too, is of dark shade, so the broadest possible effect is given. It is not that the gown is other than extremely handsome and artistic, but it certainly is not the gown that best suits the girl who wears it.

Turn your eyes, however, to the figure in black. You would hardly believe it could be the same girl, would you? Yet the color and cut of the gown easily make that difference. See how the line of white lace in the bodice is arranged to give an appearance of slimmness, and see, too, how the tight sleeves of net do nothing to broaden. At the artificial waist line at the center front is a depending band of satin, which hangs perfectly straight and hides whatever curve the figure may have at that point. The back of the skirt is plain and tight, while the train is long enough to add a few imaginary inches to the height. Surely a more graceful figure could not be found than this.

Did you ever realize before what power you had toward making yourself look as you would like to be? Would any time spent upon the cut of your gown be wasted if you finally looked as well as I have shown you can look? By so arranging your clothes that you will look slim, you may take the time to reduce your weight by exercise, the only healthful way. If you can do this, you surely need not think so much about banting and drugs. Both are very injurious to your health, and the dressmaker's bills are in the end cheaper than the doctor's.



Light Gowns Always Make One Appear Larger

Black Gowns are a Safe Selection

It is impossible for me to give you the address you desire. However, I will give you the recipe for Dr. Vaucaire's remedy, and you can have it filled at any reliable drug store.

Dr. Vaucaire's Remedy for the Bust.
Liquid extract of galega 3 dr.
Lactophosphate of lime 154 grains
Tincture of iodine 10 grains
Simple syrup 12½ ounces
The dose is two spoonfuls with water before each meal.
Dr. Vaucaire also advises the drinking of malt extract during meals.

A Fat Nose
My Dear Mrs. Symes:
A short time ago you published something for a fat nose. Will you kindly put the notice in again? Could you do anything

for a slanting chin? I thought you could give me some advice to make it fatter.

There is nothing you can apply to your nose to reduce its size. Probably by pinching it frequently you will bring it around to the desired size.

I can advise nothing to alter a slanting chin.

Thick Lips
My Dear Mrs. Symes:
Kindly publish recipe for a mixture to be applied to thick lips to shrink them.

The only thing I can tell you to do is to rub tannin on your lips once a day.

Complexion Troubles
My Dear Mrs. Symes:
My whole face is simply covered with

blackheads and pimples. It is so bad I am ashamed to go out or have any one look at me. I think I heard some one say that oatmeal was good. If this is so, how do you use it? Can you recommend anything else for blackheads?

Will you please tell me, too, if talcum powder hurts the face, and if cream makes pimples if you drink it every morning.

I am giving you a remedy for pimples and for blackheads which I think you will like very much. The best way to avoid both of these blemishes is to wash your face every evening first in warm and then with cold water, and then use the cleansing cream for which I also give you prescription. Very often cocoa taken so often is too rich for the blood and causes pimples. If this is true in

your case, then I advise you to stop drinking it.
Too much talcum powder will hurt the complexion; it causes enlarged pores.

Pimples.
Beta-naphthol 5 grains
Oil of chamomile 5 drops
Tincture of benzoin 1 ounce
Use on the surface.

Obstinate Blackheads of the Skin.
Ether 2 ounces
Soap liniment 2 ounces
Rub into the spot affected and as soon as the mixture burns wash the surface with hot water.

Cucumber Lotion or Cream.
Expressed juice of cucumbers 4 pint
Essential alcohol 15 drops
Sweet almond oil 3½ ounces
Shaving cream 1 dram
Blanchard almonds 1½ drams

This is a suave lotion, very whitening, softening and cleansing.

Pimples
My Dear Mrs. Symes:
My face is almost covered with pimples, and I am so ashamed of them that I want a remedy as soon as possible.

A GRATEFUL PERSON.
Pimples usually denote a sluggish circulation of the blood. Bathe them every night with hot water, pat them dry with a soft towel and then apply the following preparation:

Fosatti Cream for Pimples.
Extract of violet 15 drops
Sulphur precipitate 15 grains
Lecithin 15 grains
Oxide of zinc 2 scruples

Two Marks of Beauty
BEAUTIFUL eyes and brows are, in one sense, a special gift of nature. Many a plain woman is redeemed by fine eyes; many a pretty face spoiled by red-rimmed, dull, lusterless eyes. But at the same time a great deal may be done to make even unpromising eyes clear and attractive, to render eyes which are only passably pretty really beautiful.

Attention to the general health will go far to make the eyes clear and bright and prevent fatigue, even when they are called upon to do a great deal of work. Have you ever noticed the dull eyes of a person afflicted with dyspepsia, the yellow tinge of overfeeding and neglected liver; the lusterless eyes of the woman who sleeps in an ill-ventilated room, who takes no exercise and spends all her spare time reading novels over the fire?

To preserve pretty lips, constant smirking should be avoided, also grimacing and all bad habits of the mouth (many persons screw up the mouth and push out the lips in speaking).

A Foot Warmer
WHEN retiring at night take a large, soft feather pillow and place it directly over the feet; it will keep them delightfully warm on the coldest of nights.

shower. Avoid all sweets and, above all, do not lead an inactive life.

At a Formal Reception
My Dear Mrs. Adams:
Will you kindly let me know in the paper what is right for a lady to wear in the way of dress at a formal reception? And is it proper to wear gloves?

Perplexities Solved
My Dear Mrs. Adams:
When receiving congratulations after being married, what reply should be made? Will you kindly give me a little sketch of decorating a church for a wedding. I expect to go to a little wedding, I am to be married the first of next November.

Wedding Queries
When receiving congratulations after being married you may say "Thank you," or "You are very kind." People should never congratulate a bride, but merely wish her happiness. The groom only should be congratulated.

It seems to me that in selecting snailx you have chosen the very best material for decoration. I cannot tell you exactly where to place the trimmings because you have not told me what kind of a church you are to be married in. Perhaps it would be better if you sent me a full description of the church and a stamped, self-addressed envelope, so that I may answer your query fully without occupying too much space of the paper.

What to Say
My Dear Mrs. Adams:
I am twenty-four years old, five feet, six inches tall and weigh 135 pounds. I believe if I were not so stout I would feel much better. Can you tell me through the paper how I may reduce my weight? I expect to attend the wedding of a cousin, a young girl. I do not know her future husband very well. What is proper to say to each other at the ceremony?

Which Should be Served First?
My Dear Mrs. Adams:
I should be glad to know if the daughters of the house should be served at dinner before the gentlemen, when the gentlemen are guests, or should the visitors come first?

At a Second Marriage
My Dear Mrs. Adams:
Would it be all right for the daughters of a widow to be bridesmaids on her second marriage? Also, is it correct for a married man to be a bridesmaid?

Wedding Announcements
My Dear Mrs. Adams:
It is necessary to answer a wedding announcement? It is not necessary to make any recognition of the wedding announcement, although sometimes cards are sent to the bride's parents.

A Call Is Due
My Dear Mrs. Adams:
If a lady calls on you for the first time and in a few days sends you an invitation to a reception which you accept, do you owe her a call? PERPLEXED.
Any one who receives an invitation from an acquaintance upon whom she has not yet called must immediately call, and must call again after the entertainment.

Aids to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

A Red Nose
My Dear Mrs. Symes:
Will you please inform me what I may do for a red nose and large pores? I use a good powder, but it seems to clog up the pores and looks very bad.

A red nose is caused either by too tight clothes or by poor circulation. I am printing the recipe for a lotion which you will find beneficial, but besides using this, rub your nose from tip to bridge three or four times a day. This will help to empty the little blood vessels. Do not use powder on your nose, no matter how good the powder may be, for it is sure to clog up the pores and make it very uncleanly.

Lotion for Red Nose.
Powdered calamine 1 dram
Zinc oxide 30 grains
Glycerine 1 dram
Cherry laurel water 4 ounces
This lotion should be well shaken before it is applied on the nose. It may be used both morning and evening.

Stubborn Freckles.
My Dear Mrs. Symes:
Would you kindly publish something which is harmless to the skin that will remove stubborn freckles? I have been troubled with them all my life, and if I am out in the sun or wind for a very short time the freckles are so prominent that it makes me feel very embarrassed to go out with my chums, every one of whom has a very clear complexion. I am 15 years of age and will be very much obliged.

Recipe for Corns
My Dear Mrs. Symes:
Will you please print me a good recipe for corns? I have two, and have tried most everything and cannot get them away.

Following is the recipe for a very good corn cure:
Borate of sodium 1 dram
Extract of cannabis 1 scruple
Colloidal 1 ounce
Paint over the corn once or twice a day and scrape away superficial growth in three or four days.

Wants an Address
My Dear Mrs. Symes:
Kindly give me Dr. Vaucaire's address or say where his remedy for enlarging the bust and arms can be obtained, and oblige.

Vaseline on Eyelashes
My Dear Mrs. Symes:
In regard to using vaseline on eyelashes

to make them grow, what kind would you advise using? In putting it on lashes you can't help getting some in the eyes. Will it injure the sight and will it grow the where it touches or only on parts desired?

When I recommended vaseline for the eyelashes I took it for granted that you would understand that I meant the very best quality and the purest. This is the only kind you should use. If you are sure you are buying this, there will be no harm done if it gets into the eyes. If you buy an inferior quality, the result will be disastrous.

For a Bleach
My Dear Mrs. Symes:
I received no stamp with your letter, so I presume you wish it answered in the paper. I am giving you, instead of the bichloride of mercury bleach, which you mention, another recipe for a bleach which I think you will find useful. Bichloride of mercury when used carefully is not harmful, but it is so dangerous to have about the house that I think it is safer to give this other formula:

For Whitening the Skin.
Pure oxide of zinc 1 ounce
Glycerine 1 dram
Rosewater 4 ounces
Essence of rose 15 drops

Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine, next, the remainder of the rosewater.

Shake well, and apply with a soft sponge or an artist's brush. The face must be well wiped off before the liquid dries, or it will be streaked.

Obstinate Freckles.
Oxide of zinc 1 dram
Sublimate of mercury 1 dram
Dextrose 1½ drams
Glycerine 1½ drams

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Wants an Address
My Dear Mrs. Symes:
Kindly give me Dr. Vaucaire's address or say where his remedy for enlarging the bust and arms can be obtained, and oblige.

Wants an Address
My Dear Mrs. Symes:
Kindly give me Dr. Vaucaire's address or say where his remedy for enlarging the bust and arms can be obtained, and oblige.

ADVICE ON SOCIAL CUSTOMS

After the early refreshments, the children may dance or play games, according to their ages, but in any case some one at the piano helps very much to give the illusion of festivity, which a child is so quick to feel. How can a party be a party when tiny tots just sit around in their best clothes and think they are happy? That would be foolishness. A few familiar tunes add much, and the children soon begin to romp, just because they cannot withstand the merriment of the occasion.

When Entertaining Children
SOMETIMES wish that you would tell me what particular points of etiquette you would like to hear about. I try to choose for you subjects that will interest you, and I never feel sure that I have selected the right one.

Today I find that many of my friends have written to ask my advice in the matter of entertaining children, and I think it would make a good subject for a talk.

The first rule in giving such a party is to make each little guest feel at home. The hostess should make as much trouble to make the little ones feel comfortable as she would were they her superiors in age and rank. The earliest seeds of shyness and self-consciousness are planted in the brain of a child at the first party, and while in the beginning they only cause a little discomfort, in later years the child must pay in full for the mistake and discourtesy of former hostesses. Make the children happy even though you leave the room; thus making them depend upon themselves for entertainment.

A GOOD IDEA
By the way, that reminds me of the clever young mother who made her guests feel at home in a most original way. She had the refreshments—ice cream, bread and butter and cake—served during the first moments of the party. It worked to a charm. In the delight of sharing the dainty goodies the children soon lost all the stiffness which they donned with their Sunday best clothes, and the result was that each child had a lovely and happy time. The idea might well be copied by other worried young mothers, and I feel sure they would be delighted with the result.

have a party? Bread and butter, too, should be served, even though it is a home dish, and simple cake cannot improve Johnny even though he seems bent upon licking the platter clean. The latest fad at children's parties is to serve some cereal and cream. Doubtless this is a suggestion of some "new thought mamma." It is a good idea, and if the rather substantial food is followed by something sweet the party will still be a party.

A FEW DON'TS
One thing I should like to mention: Do not serve to the unfortunate ones ice cream and lemonade. They are not sufficiently wise in the matter of food-stuffs to discriminate. Water is quite sufficient and may form the only beverage.

When dressing the children, do not make little Mary wear anything more dressy than a dainty white frock, with perhaps a sash. The boys must, of course, wear their best clothes, but it is fortunate that the days of the Fauntleroy have passed. The elaborate velvet suit with the lace collar happily is seen no more, for it took all the manhood from the average boy and made him a thing to be almost despised. Dark blue serge suits are very becoming and suitable to little boys, and in them they will feel the self-respect and self-reliance that usually becomes submerged under the imposed grandeur of the black velvet.

Poor children! Put them at their ease and let them be happy as they may. Do not hold virtue up before them, and leave their training to the hour at home when you discuss the merits of the past entertainment. If Bobby pulls Ned's hair let the incident pass, and restore peace as best you may. Afterward you might point out that perhaps had father been in such a position he would not have done anything quite so precipitous.

Little boys should, of course, be encouraged to wait upon little girls, for only by these lessons will they learn. But do not make them. If all the boys and all the girls show a tendency, they undoubtedly will, to congregate in the opposite corners of the room, let them do so in peace. The time will come when such behavior will be furthest from their thoughts.

As to the refreshments, authorities differ, but surely, no matter how hygienic mother may be, a little ice cream can do no harm; and without ice cream why

blackheads and pimples. It is so bad I am ashamed to go out or have any one look at me. I think I heard some one say that oatmeal was good. If this is so, how do you use it? Can you recommend anything else for blackheads?

Will you please tell me, too, if talcum powder hurts the face, and if cream makes pimples if you drink it every morning.

I am giving you a remedy for pimples and for blackheads which I think you will like very much. The best way to avoid both of these blemishes is to wash your face every evening first in warm and then with cold water, and then use the cleansing cream for which I also give you prescription. Very often cocoa taken so often is too rich for the blood and causes pimples. If this is true in

your case, then I advise you to stop drinking it.
Too much talcum powder will hurt the complexion; it causes enlarged pores.

Pimples.
Beta-naphthol 5 grains
Oil of chamomile 5 drops
Tincture of benzoin 1 ounce
Use on the surface.

Obstinate Blackheads of the Skin.
Ether 2 ounces
Soap liniment 2 ounces
Rub into the spot affected and as soon as the mixture burns wash the surface with hot water.

Cucumber Lotion or Cream.
Expressed juice of cucumbers 4 pint
Essential alcohol 15 drops
Sweet almond oil 3½ ounces
Shaving cream 1 dram
Blanchard almonds 1½ drams

This is a suave lotion, very whitening, softening and cleansing.

Pimples
My Dear Mrs. Symes:
My face is almost covered with pimples, and I am so ashamed of them that I want a remedy as soon as possible.

A GRATEFUL PERSON.
Pimples usually denote a sluggish circulation of the blood. Bathe them every night with hot water, pat them dry with a soft towel and then apply the following preparation:

Fosatti Cream for Pimples.
Extract of violet 15 drops
Sulphur precipitate 15 grains
Lecithin 15 grains
Oxide of zinc 2 scruples

Two Marks of Beauty
BEAUTIFUL eyes and brows are, in one sense, a special gift of nature. Many a plain woman is redeemed by fine eyes; many a pretty face spoiled by red-rimmed, dull, lusterless eyes. But at the same time a great deal may be done to make even unpromising eyes clear and attractive, to render eyes which are only passably pretty really beautiful.

Attention to the general health will go far to make the eyes clear and bright and prevent fatigue, even when they are called upon to do a great deal of work. Have you ever noticed the dull eyes of a person afflicted with dyspepsia, the yellow tinge of overfeeding and neglected liver; the lusterless eyes of the woman who sleeps in an ill-ventilated room, who takes no exercise and spends all her spare time reading novels over the fire?

To preserve pretty lips, constant smirking should be avoided, also grimacing and all bad habits of the mouth (many persons screw up the mouth and push out the lips in speaking).

A Foot Warmer
WHEN retiring at night take a large, soft feather pillow and place it directly over the feet; it will keep them delightfully warm on the coldest of nights.

shower. Avoid all sweets and, above all, do not lead an inactive life.

At a Formal Reception
My Dear Mrs. Adams:
Will you kindly let me know in the paper what is right for a lady to wear in the way of dress at a formal reception? And is it proper to wear gloves?

Perplexities Solved
My Dear Mrs. Adams:
When receiving congratulations after being married, what reply should be made? Will you kindly give me a little sketch of decorating a church for a wedding. I expect to go to a little wedding, I am to be married the first of next November.

Wedding Queries
When receiving congratulations after being married you may say "Thank you," or "You are very kind." People should never congratulate a bride, but merely wish her happiness. The groom only should be congratulated.

It seems to me that in selecting snailx you have chosen the very best material for decoration. I cannot tell you exactly where to place the trimmings because you have not told me what kind of a church you are to be married in. Perhaps it would be better if you sent me a full description of the church and a stamped, self-addressed envelope, so that I may answer your query fully without occupying too much space of the paper.

What to Say
My Dear Mrs. Adams:
I am twenty-four years old, five feet, six inches tall and weigh 135 pounds. I believe if I were not so stout I would feel much better. Can you tell me through the paper how I may reduce my weight? I expect to attend the wedding of a cousin, a young girl. I do not know her future husband very well. What is proper to say to each other at the ceremony?

Which Should be Served First?
My Dear Mrs. Adams:
I should be glad to know if the daughters of the house should be served at dinner before the gentlemen, when the gentlemen are guests, or should the visitors come first?

At a Second Marriage
My Dear Mrs. Adams:
Would it be all right for the daughters of a widow to be bridesmaids on her second marriage? Also, is it correct for a married man to be a bridesmaid?

Wedding Announcements
My Dear Mrs. Adams:
It is necessary to answer a wedding announcement? It is not necessary to make any recognition of the wedding announcement, although sometimes cards are sent to the bride's parents.

A Call Is Due
My Dear Mrs. Adams:
If a lady calls on you for the first time and in a few days sends you an invitation to a reception which you accept, do you owe her a call? PERPLEXED.
Any one who receives an invitation from an acquaintance upon whom she has not yet called must immediately call, and must call again after the entertainment.